



Active Adult Recreation

September-November

Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday
8 am– 5 pm

Holiday Closures:
Sept. 5, Nov. 11, 24 & 25

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BULLETIN BOARD

September



Monday, 12 - Grandparent's Day at 10 am

Show off your grand and great grandchildren! Ask us at the front desk about filling out a profile ahead of time!

Friday, 16 - Pictionary with Home Well Senior Care at 10 am

Tuesday, 20 - Jeopardy at 10 am

Friday, 23 - 50's Sock Hop with Dallas West, sponsored by Humana at 10 am

October

Wednesday, 12 - Name That Tune 10 am

Tuesday, 18 - Trivia with Eliza 10 am

Friday, 28 - Karaoke in the Lounge at 10 am

Monday, 31 - Halloween Costume Party with Jai Mitchell at 10 am

November

Wednesday, 2 - Chandler Gilbert Community College Nursing Fair at 9:30 am



Monday, 7 - Patriotic Show with Jan Sandwich at 10 am

This musical medley of Patriotic songs pays tribute to the armed forces and various states in America

Tuesday, 8 - Family Feud at 10 am

Wednesday, 16 - Senior Olympics with Home Well Senior Care at 10 am

Tuesday, 22 - "Dart the Turkey" at 10 am

Wednesday, 23 - Karaoke in the Lounge at 10 am

Site Council

President: Neil Bales, **Vice President:** Ann Moore, **Treasurer:** Bert Crockett, **Secretary:** Mary Ann Ringemann

Members: Bill Bennet, Leonard Bhaerman, Thelma Brown, Betty Crawford, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, Gloria Pino-Lugo, Bob Reichard, Ed Roberts, Mary Ann Ringmann, Nick Simiz, Wanda Shaulis, Prannath Tiku, Fred Utter, Maretta Wood

Site Council meets once a month in our lounge at 9:30 am to discuss hot topics at the Senior Center. While only Site Council members can vote on proposals, the public is always welcome and encouraged to attend. Meetings this quarter will be September 19th, October 17th, and November 21st.

Senior News

September-November 2016

WEEKLY ACTIVITIES

MONDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Party Bridge 9 am
- Pinochle, Hand/Foot 12 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Party Bridge 12 pm
- Bingo 12:15 pm

THURSDAY

- Quilting 8:30 am
- Tai Chi 9 am
- Party Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Pitch 12 pm
- Social Same-Partner Bridge 12 pm
- Scrabble 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101

Ride Choice 602-716-2100

Note: All groups and individuals who provide services at the Senior Center, including those listed above, do so with the understanding that they are prohibited from requesting personal information from participants, and from attempting to initiate contact with the participant to solicit them for future business.

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at (480) 262-3550 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions on September 21, October 19, and November 16 from 9–11:30 am. Sign up at the front desk to secure an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in September 28th or November 30th at 10 am!

Blood Pressure Screenings: Americare Hospice & Palliative Care offers blood pressure checks the first Thursday of every month and Gemini Hospice offers free blood pressure checks the third Thursday of every month. Both screenings start at 9:30 am.

Food Box Distribution: The Chandler Christian Community Center offers a food box of non-perishable items the third Thursday of every month for seniors who qualify for the program. See the Nutrition Program office for an application!

CLASSES

BEGINNING/INTERMEDIATE WATERCOLOR

Learn everything from how to apply the paint to composition and color. Supply list available at the Senior Center.

Resident fee: \$63	Non-resident fee: \$86	Supply fee: \$5
Tu 9/20-11/8	9:30 a.m.-12 p.m.	55 yrs+

EXPLORING THE INTERNET

Learn what the internet can do for you!

Resident fee: \$34	Non-resident fee: \$44	Supply fee: \$15
W 10/5-11/2	9:30-11:30 a.m.	55 yrs+

EXCEL I: INTRO TO MICROSOFT EXCEL

This class provides an introduction to Microsoft Excel for beginners. Learn how to use Excel to organize your work, finances and hobbies!

Resident fee: \$19	Non-resident fee: \$26	
W 9/7-10/5	5:30-6:30 p.m.	18 yrs+

FACEBOOK FOR BEGINNERS

Come learn how to use Facebook, a web-based application used for social networking.

Resident fee: \$9	Non-resident fee: \$13	
Th 9/8	7-9 p.m.	18 yrs+
Th 10/6	7-9 p.m.	18 yrs+

WHAT'S COOKING?

Basmati rice pilaf is full of nutrients and flavor when cooked in a simple way. Come learn how to make these delicious foods!

Resident fee: \$8	Non-resident fee: \$11	Supply fee: \$10
Tu 10/11	6 - 7:30 p.m.	18 yrs+

FLORAL DESIGN:

Learn how to manipulate flowers into

- Corsages and boutonnieres 9/6 or 10/4
- Arrangements in low containers 9/13 or 10/11
- Vase Arrangements 9/20 or 10/18
- Silk Flowers 9/27 or 10/25

Resident fee: \$9	Non-resident fee: \$13	Supply fee: \$10
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* Refer to our Break Time Magazine for a full breakdown of floral design classes

TAI CHI CH'UAN - NEW BEGINNERS

Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$37	Non-resident fee: \$50	Supply fee: \$3
M/W 9/7-10/12	2:45-3:45 p.m.	55 yrs+
M/W 10/17-11/30	2:45-3:45 p.m.	55 yrs+

FAMILY HISTORY WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Both beginner and advanced writers welcome!

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 9/12-10/3	10:30 a.m. - 12:30 p.m.	18 yrs+
M 10/10-10/31	10:30 a.m. - 12:30 p.m.	18 yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body!

Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 9/6-9/27	2-3 p.m.	55 yrs+
Tu 10/4-10/25	2-3 p.m.	55 yrs+
Tu 11/1-11/22	2-3 p.m.	55 yrs+

BEGINNER BRIDGE

New to the game? No problem! We're all learning together!

Resident fee: \$34	Non-resident fee: \$13	
M/Th 10/3-10/17	1-3 p.m.	18 yrs+

SQUARE DANCE

Start in a beginner class and work your way up until you've learned all 60 moves!

Resident fee: \$9	Non-resident fee: \$13	
Thursday afternoons starting in September	1-2 p.m.	18 yrs+

* Refer to the Break Time Magazine for a full breakdown of square dance classes.

IPHONE WORKSHOPS

Learn how to use your iPhone!

Resident fee: \$22	Non-resident fee: \$30	
F 10/14-10/28	1-3 p.m.	55 yrs+

PASSPORT SPANISH

Learn just enough to get around in that new country you're going to visit soon!

Resident fee: \$43	Non-resident fee: \$58	
Th 9/8-10/27	2:45-4:15 p.m.	18 yrs+

ZUMBA GOLD

Come dance to get fit and have a good time!

Resident fee: \$16	Non-resident fee: \$22	
Tu 9/6-9/27	10-11 a.m.	55 yrs+
Tu 10/4-10/25	10-11 a.m.	55 yrs+
Tu 11/1-11/22	10-11 a.m.	55 yrs+

Other Classes include Yoga and Meditation, Awareness and Self-Knowledge, Maintain Youth and Beauty, iPhone Workshops, Pinterest for Beginners, Microsoft Powerpoint, and a Lifetime of Memories. Refer to the Break Time Magazine for a complete listing of classes!

EDUCATION AND SCREENINGS

"Everyone with Diabetes Counts"

These diabetes self-management workshops offered FREE by Health Services Advisory Group encourage small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun while learning how to manage diabetes through better nutrition and physical activity! Sign up at the front desk!

M 9/19-10/24 1:30-3:30 pm

"Matter of Balance"

This is an award winning program conducted by A.T. Still University designed to manage falls and increase activity levels. Sign up today!

F 9/16-11/4 1:30 - 3:30 pm

"How to Stay Fit As You Age" series.

Th 7/28-12/15 10 - 11 am

Retirement Survival Workshop

W 9/7 10 am

"Active Brain, Active Lifestyle" with Copper Creek

W 9/14 10 am

"Healthy Living for Your Brain and Body" with

Alzheimer's Association

M 9/26 10 am

"Wheezing and Sneezing: Controlling Allergies and Asthma" with Humana

F 9/30 10 am

"Medicare 101" with Humana

W 10/5 10 am

"LIS (Low Income Subsidy for Medicare Prescription Drug Coverage)" Find out what you might be missing out on! with AGA Medicare Options

F 10/14 10 am

Medical Screenings

- Chair Massages with AFC Physical Medicine Chiropractic 9/2 9-11 am
- Flu Shot Clinic with Safeway 9/16 9-11 am
- Spinal Degeneration Screening by AFC Physical Medicine Chiropractic 10/7 9-11 am
- Skin Cancer Screening with Radiant Complexions Dermatology 9/28 9-11 am
- Bone Density Screening with AFC Physical Medicine Chiropractic 11/4 9-11 am
- The first Thursday of every month: Blood Pressure Checks with Americare Hospice 9-11 am
- The third Thursday of every month: Blood Pressure Checks with Gemini Hospice 9-11 am

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Transportation is provided and you pay your way!
The lunch bus leaves at 11 am and the movie bus departure depends time on the month.

September

Movie: September 6 - \$2 at Pollack Cinemas.

The movie will be chosen September 2

Lunch: September 21 - Ibby's Fish & Chicken

October

Movie: October 4 - \$2 at Pollack Cinemas.

The movie will be chosen September 30

Lunch: October 19 - The Hanger Cafe

November

Movie: November 1

The movie will be chosen October 28

Lunch: November 18 - "Food Truck Friday"

Monthly Trips to the Casino

Wednesday, September 28

Fort McDowell

Cost: FREE

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, October 26

Mazatzal Casino

Cost: FREE

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, November 30

Apache Gold Casino

Cost: \$15 registration fee, \$20 non-residents

Everyone gets \$25 to start at the slots!

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee.

ADVENTURES AND EXCURSIONS

****All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50% refund. No refund will be issued for cancellations made on the day of an excursion.**

Sunday, September 18 - Prescott: Antiques on the Square

Cost: \$9 registration fee, \$12 non-residents

- Enjoy beautiful downtown Prescott while visiting more than 70 vendors showcasing a variety of antiques and collectibles! Plenty of adorable restaurants and stores within walking distance. Come escape the heat for a day to explore this beautiful mountain town!
- Leave at 8:00 am
- Return approximately 5:00 pm

Tuesday, September 27 - Bashas' Art Gallery and Lunch at Wimpy's Paradise

Cost: \$3 registration fee, \$5 non-residents

- Bet you thought Bashas was just a grocery store... but their gorgeous art gallery is one of Chandler's best kept secrets! Afterwards, we're headed to a local place called Wimpy's Paradise to try out one of their crazy burgers or hot dogs... it was voted Phoenix's Best Hot Dog in 2015! Bring money for lunch.
- Leave at 10 am
- Return approximately 1:30 pm

Friday, October 14 - Arizona State Fair

Cost: \$5 registration fee, \$7 non-residents

- Music, shows, craft exhibits, farm animals, games, rides, and all the fried food you could ask for! Arizona State Fair has it all! Come with us on Senior Day! Check in with us a couple days before to find out the entrance fee!
- Leave at 11:30 am
- Return approximately 5:00 pm

Saturday, October 15 - Hale Theater: Seven Brides for Seven Brothers

Cost: \$26 registration fee, \$35 non-residents

- This musical tells the story of the headstrong Adam Pontipee who comes to a small mountain town in search of a good wife. When he meets the headstrong Milly, it will change his life! Exuberant dancing, romance, and tons of fun make this classic show one of the greatest musicals of all time!
- Leave at 2:00 pm
- Return approximately 6:00 pm

Tuesday, October 25 - Tortilla Flat and Dolly Steamboat **Cost: \$28 registration fee, \$38 non-residents**

- Come see some of the beauty Arizona has to offer that we don't always see from the Valley. We'll go to Tortilla Flat for an early brunch and then take a nature cruise on the Dolly Steamboat. Our boat director will narrate for us as we look at the wild bighorn sheep, bald eagles, and other animals that live at Canyon Lake. This one is a must-see!
- Leave at 8:30 am
- Return approximately 3:30 pm

Thursday, November 3 - Rhythm Cats at Silver Star Theater

Cost: \$40 registration fee, \$54 non-residents

- Remember the Arizona Opry? Remember George? The lead of the show who wrote "In the Jungle"? He and his crew now have a new show at the Silver Star Theater! Come see their new variety music show and try out their delicious buffet!
- Leave at 5:00 pm
- Return approximately 10:00 pm

Saturday, November 5 - Queen Creek Olive Mill

Cost: \$3 registration fee, \$5 non-residents

- Live music, beautiful weather, fresh and delicious food made with their home grown olives... this place is a true Arizona treasure. Come try some food, listen to music and get a behind-the-scenes tour of the process their delicious olives go through!
- Leave at 11:15 am
- Return approximately 3 pm

Wednesday, November 16 - Out of Africa

Cost: \$55 registration fee, \$74 non-residents

- This is a full day event that you will not want to miss! We're going all the way to Camp Verde to see wild animals in their native habitat! Registration includes your ride up there, an open vehicle Serengeti tour (animals will come up to greet you but it's all completely safe), a tiger show, a snake show and you'll even get the chance to see behind the scenes when it's time to feed the predators! Bring money for lunch but everything else is taken care of!
- Leave at 7:45 am
- Return approximately 6:30 pm

September 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>9 am - Blood Pressure checks w/ Americare 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit..."</p>	<p>2</p> <p>9 am - Chair Massages with AFC Physical Medicine Chiropractic</p>	3
4	<p>5</p> <p>CLOSED for Labor Day</p>	<p>6</p> <p>TBD - \$2 movie at Tempe Pollack Cinemas 10 am - "Share Your Writing with Claudia" discussion group</p>	<p>7</p> <p>10 am - Retirement Survival Workshop</p>	<p>8</p> <p>9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit..."</p>	<p>9</p> <p>10 am - Music with Howard Clark</p>	10
11	<p>12</p> <p>9 am - Benefits Assistance 10 am - Music with Jai Mitchell 10 am - Grandparent's Day Celebration</p>	<p>13</p> <p>10 am - Music with MJ Moore</p>	<p>14</p> <p>10 am - "Active Brain. Active Lifestyle" with Copper Creek</p>	<p>15</p> <p>9 am - BMI Checks w/ Gemini 9 am - Tai Chi Qigong 10 am - "How to Stay Fit as you Age" 10 am - Food Box Distribution 1 pm - AARP Safe Driver Class</p>	<p>16</p> <p>9 am - Flu Clinic with Safeway 10 am - Pictionary with HomeWell Senior Care 1:15 pm - Movie in the Lounge 1:30 pm - Matter of Balance</p>	17
18	<p>19</p> <p>9:30 am - Site Council Meeting 10 am - Music with David Keller 1:30 pm - Diabetes Class</p>	<p>20</p> <p>10 am - Jeopardy</p>	<p>21</p> <p>9 am - Legal Consultations 11 am - Out to Lunch: Ibby's Fish & Chicken</p>	<p>22</p> <p>9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - "How to Stay Fit..."</p>	<p>23</p> <p>10 am - 50's Sock Hop with Dallas West 1:30 pm - Matter of Balance</p>	24
25	<p>26</p> <p>10 am - Healthy Living for your Brain and Body by Alzheimer's Association 1:30 pm - Diabetes Class</p>	<p>27</p> <p>10 am - Karaoke 10 am - Bashas' Art Gallery & Wimpy's Paradise</p>	<p>28</p> <p>8:30 am - Fort McDowell Casino 9 am - Skin Cancer Screening with Radiant Complexions 10 am - Music with Ollie Mann 10 am - MedAssure</p>	<p>29</p> <p>9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit as You Age"</p>	<p>30</p> <p>10 am - "Wheezing & Sneezing: Controlling Allergies and Asthma" with Humana 1:30 pm - Matter of Balance</p>	

October 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10 am - Music with Jay Farris 1:30 pm - Diabetes Class	4 10 am - "Share Your Writing with Claudia" Discussion Group TBD—\$2 movie at Tempe Pollack Cinemas	5 10 am - Medicare 101 with Humana	6 9 am - Blood Pressure Checks with Americare 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit as You Age"	7 9 am - Spinal Degeneration Screening with AFC Physical Medicine Chiropractic 10 am - Music with Bob Doszak 1:30 pm - Matter of Balance	8
9	10 9 am - Benefits Assistance 10 am - Karaoke 1:30 pm - Diabetes Class	11	12 10 am - Name that Tune	13 9 am - Crafts with Wanda 10 am - Bread distribution 10 am - "How to Stay Fit as You Age"	14 10 am - LIS Presentation with AGA Medicare Options 11:30 am - State Fair Trip 1:30 pm - Matter of Balance	15 2 pm - Hale Theater trip
16	17 9:30 am - Site Council 10 am - Music with Jim Bing 1:30 pm - Diabetes Class	18 10 am - Trivia with Eliza	19 9 am - Legal Consultations 11 am - Out to Lunch at the Hanger Café	20 9 am - Blood Pressure Checks w/ Gemini 10 am - Food Box Distribution 10 am - "How to Stay Fit as You Age"	21 1:15 pm - Movie in the lounge 1:30 pm - Matter of Balance	22
23	24 1:30 pm - Diabetes Class	25 10 am - Music with Carl Nyberg	26 8:30 am - Mazatzal Casino 10 am - MediQuip: can adjust your wheelchair/walkers!	27 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread Distribution 10 am - "How to Stay Fit as You Age" 1 pm - AARP Safe Driver	28 10 am - Karaoke 1:30 pm - Matter of Balance	29
30	31 10 am - Costume Halloween Party with Jai Mitchell					

November 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am - "Share Your Writing with Claudia" Discussion Group TBD - \$2 movie at Tempe Pollack Cinemas	2 9:30 am - Chandler Gilbert Community College School of Nursing Health Fair	3 9 am - Tai Chi Qigong 9 am - Blood Pressure Checks 10 am - Bread distribution 10 am - How to Stay Fit as You Age 5 pm - Rhythm Cats Dinner Theater	4 9 am - Bone Density Screening with AFC 10 am - Music with David Keller	5 11:15 am - Queen Creek Olive Mill
6	7 10 am - Jan Sandwich Patriotic Show	8 10 am - Family Feud	9 10 am - Veteran's Day Party with Dallas West	10 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - How to Stay Fit As You Age	11 CLOSED for VETERAN'S DAY	12
13	14 10 am - Music with Looney Tunes	15	16 7:45 am - Out of Africa 9 am - Legal Consultations 10 am - Senior Olympics with Home Well Senior Care	17 9 am - BMI and Blood Pressure 9 am - Tai Chi Qigong 10 am - Food box distribution 10 am - How to Stay Fit.. 1 pm- AARP Safe Driver	18 10 am - Music with Jai Mitchell 11 am - Out to Lunch: Food Truck Friday 1:15 pm - Movie in the lounge	19
20	21 10 am - Music with Bob Doszak 9:30 am - Site Council	22 10 am - Dart the Turkey	23 10 am - Karaoke 10 am - MedAssure	24 Closed for Thanksgiving	25 Closed for Thanksgiving	26
27	28	29 10 am - Music with MJ Moore	30 8:30 am - Apache Gold Casino			



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



**PRESORTED
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CHANDLER, AZ
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City of Chandler Recreation Division
Chandler Senior Center
202 East Boston Street

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Nutrition Program provided by Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 782-2721

Community Outreach Specialist: Brianna Burrows (480) 503-6061



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Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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